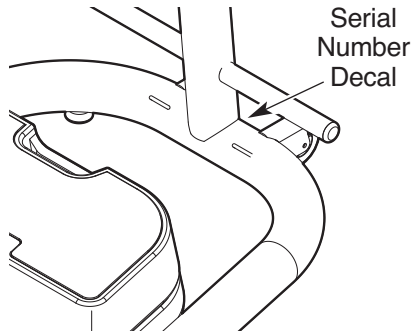


# BALANCEGYM®

Model No. BGYM07.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.

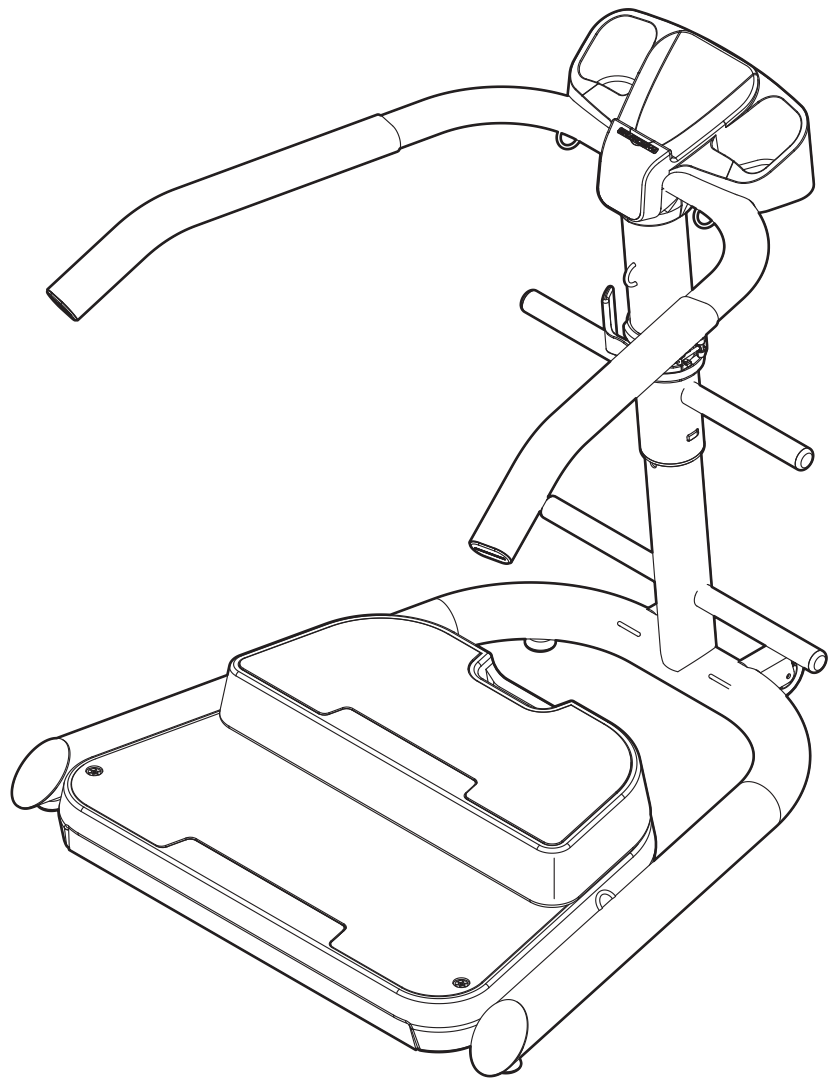


## USER'S MANUAL

### QUESTIONS?

If parts are damaged or missing, please see the back cover of this manual.

If you have questions about the BalanceGym, please call our toll-free Message Line at **1-888-522-BGYM** or email your inquiry to [Info@TheBalanceGym.com](mailto:Info@TheBalanceGym.com).



### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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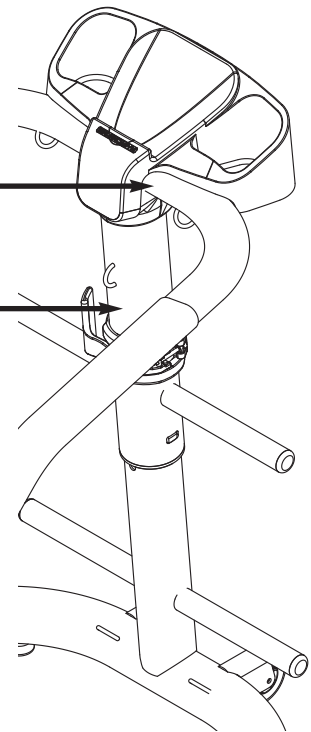

## WARNING DECAL PLACEMENT

The warning decals shown at the right have been applied in the indicated locations. **If a decal is missing or illegible, see ORDERING REPLACEMENT PARTS on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

**⚠ WARNING**  
Do not sit on the handrests or lean on the console.

**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.



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# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the BalanceGym before using the BalanceGym. ICON and BalanceGym, LLC assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the BalanceGym are adequately informed of all precautions.
3. Keep the BalanceGym indoors, away from moisture and dust. Place the BalanceGym on a level surface, with a mat beneath it to protect the floor or carpet.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Always inspect the resistance bands for cracks, worn spots, or other damage before using them. Never use damaged resistance bands.
6. Always keep the resistance bands away from sharp objects, rough surfaces, heated surfaces, or direct sunlight.
7. Keep children under age 12 and pets away from the BalanceGym at all times.
8. The BalanceGym should never be used by persons weighing more than 250 lbs. (113 kg).
9. Never allow more than one person on the BalanceGym at a time.
10. The BalanceGym is designed to assist people with balance problems participate in weight-bearing exercise and rehabilitation. The BalanceGym does not prevent falls from occurring, but can provide a stable support to reduce the risk of falling during exercise and rehabilitation.
11. The hand rests are intended to be used to assist balance by gentle placement of the hands on the hand rests, not by gripping the hand rests.
12. Never sit on the hand rests.
13. Never stand on the stretching pegs.
14. Always wear eye protection while using the resistance bands.
15. Use only the included resistance bands with the BalanceGym.
16. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
17. Use the BalanceGym only as described in this manual.

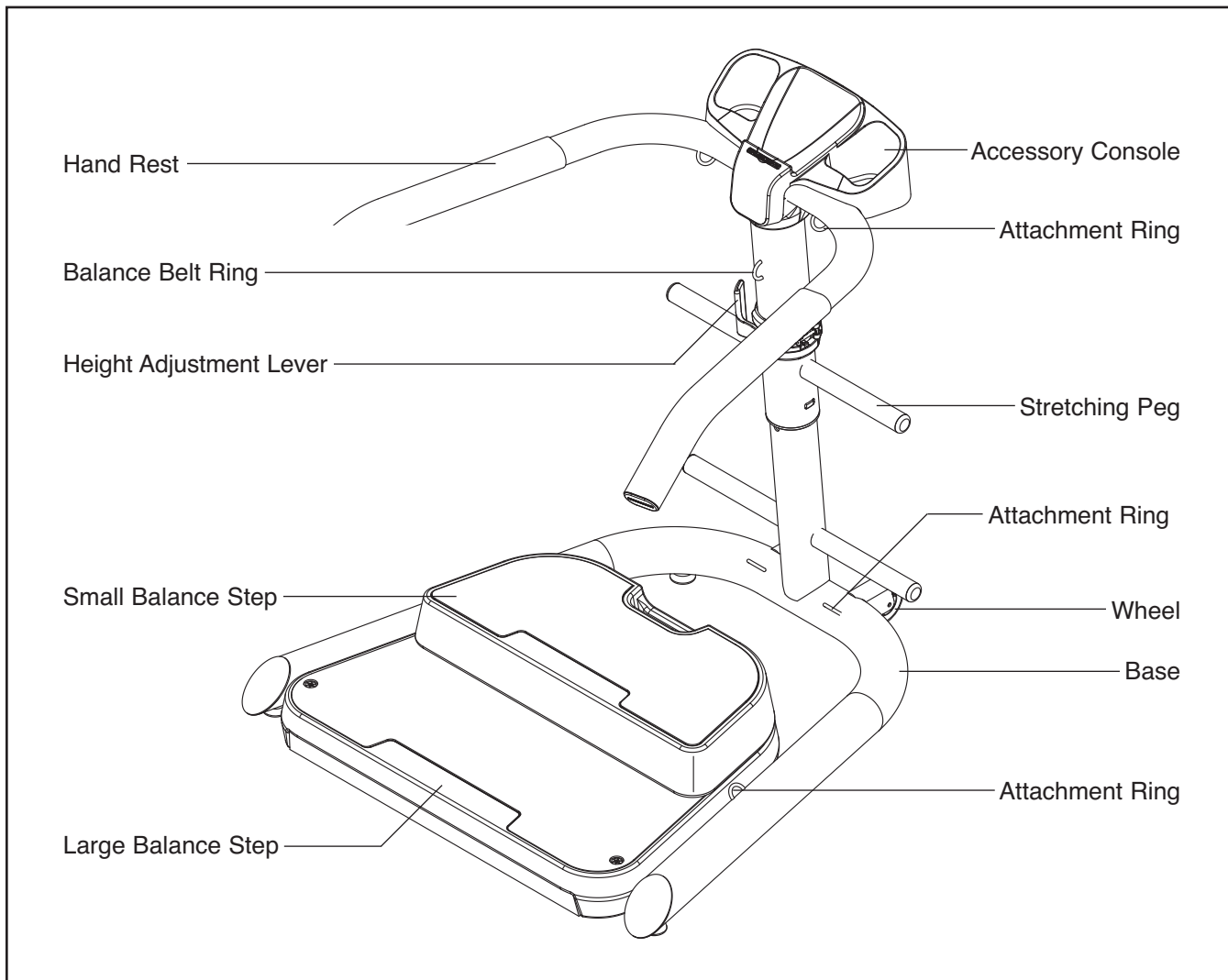
# BEFORE YOU BEGIN

Thank you for selecting the BalanceGym. The BalanceGym is a revolutionary new commercial-grade Individual or Group Exercise and Rehabilitation Station. The BalanceGym allows the user(s) to perform a variety of high- and low-level balance and cross training exercises in a stable, safe, and non-threatening environment. Exercises can be performed with or without an assistant.

**For your benefit, read this manual carefully before**

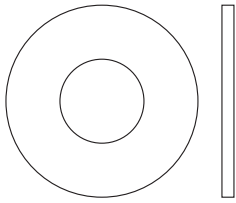
**you use the BalanceGym.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

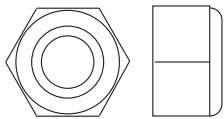


# PART IDENTIFICATION CHART

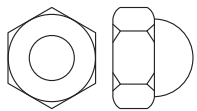
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



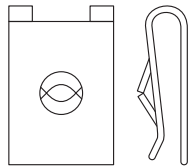
3/8" Washer (45)



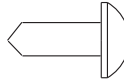
3/8" Nylon Locknut (31)



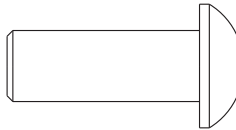
5/16" Acorn Nut (42)



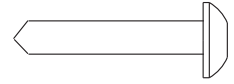
#8 Clip Nut (39)



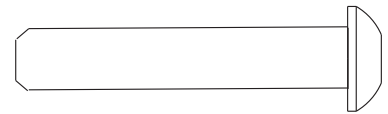
#8 x 1/2" Screw (38)



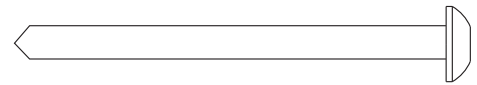
3/8" x 1" Screw (43)



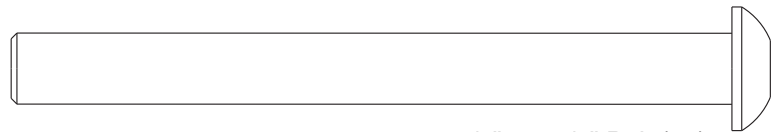
#8 x 1" Screw (36)



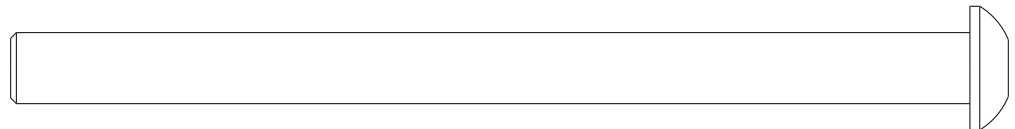
5/16" x 1 3/4" Bolt (40)



#8 x 2 1/4" Screw (49)



3/8" x 3 3/4" Bolt (34)



3/8" x 5" Screw (44)

# ASSEMBLY

## Make Assembly Easier

Everything in this manual is designed to ensure that the BalanceGym can be assembled successfully by almost anyone.

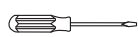
Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- As you assemble the BalanceGym, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- In addition to the included tools, assembly requires the following tools (not included):

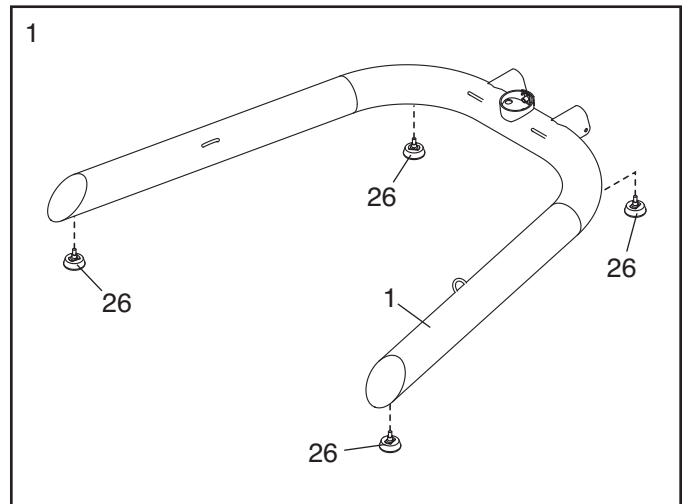
two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

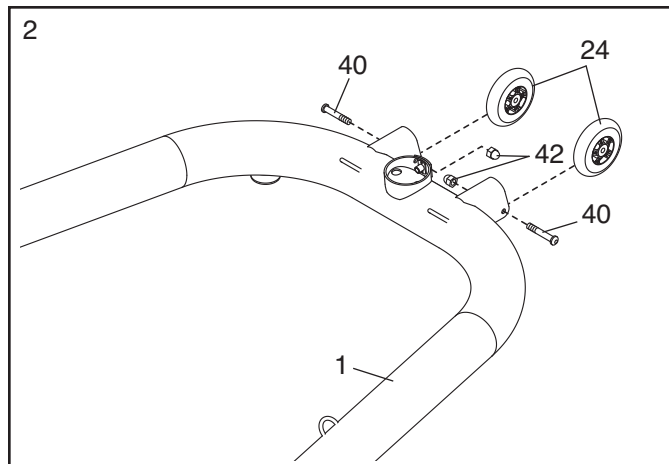
one Phillips screwdriver 

1. Attach the four Leveling Feet (26) to the Base (1).

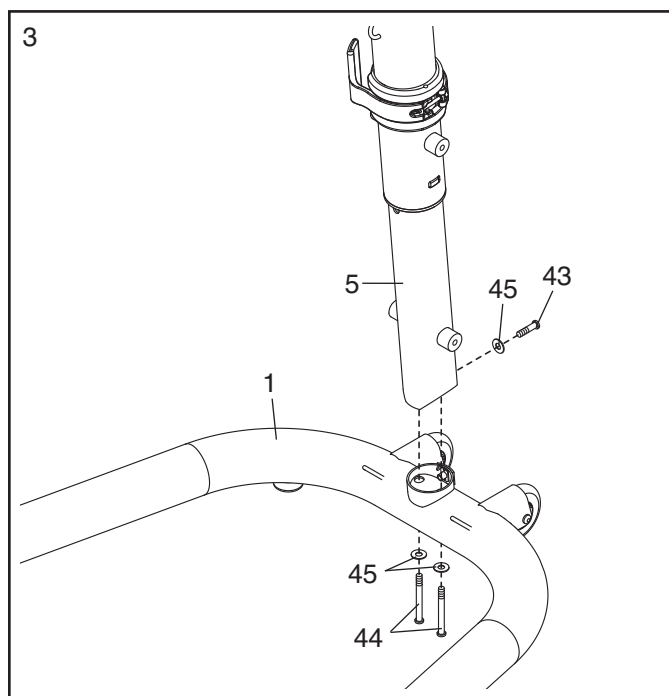


2. Attach a Wheel (24) to the Base (1) with a 5/16" x 1 3/4" Bolt (40) and a 5/16" Acorn Nut (42). **Do not overtighten the Acorn Nut; the Wheel must rotate easily.**

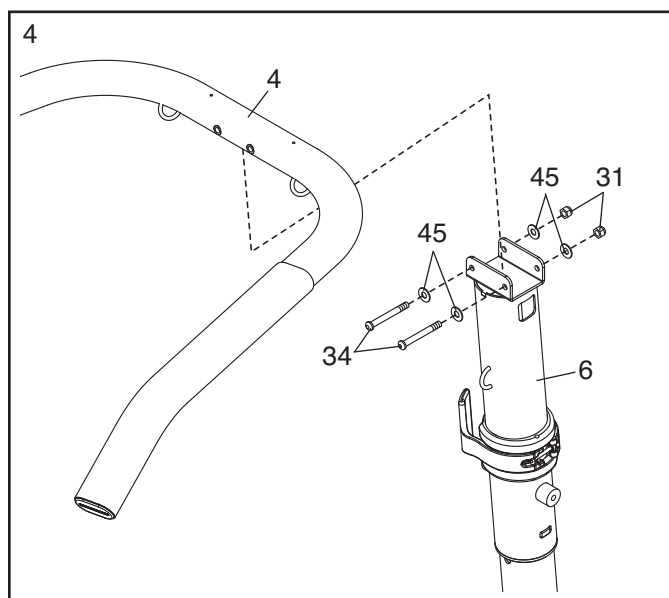
**Attach the other Wheel (24) in the same way.**



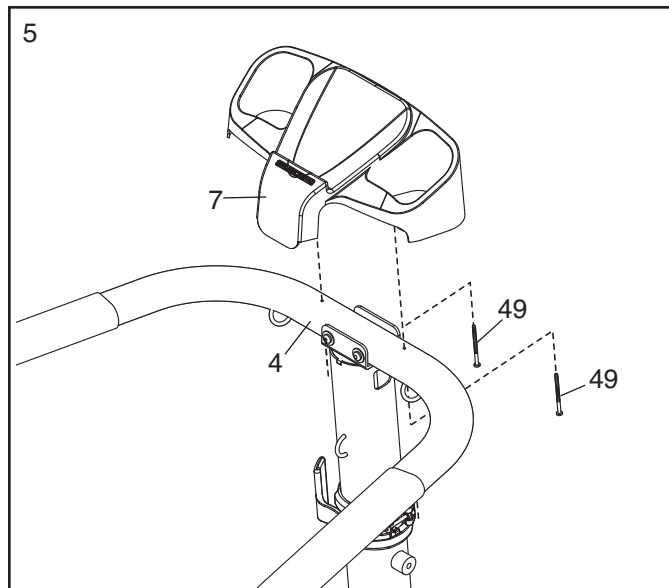
3. Attach the Upright Frame (5) to the Base (1) with two 3/8" x 5" Screws (44), a 3/8" x 1" Screw (43), and three 3/8" Washers (45).



4. Attach the Hand Rests (4) to the Upright (6) with two 3/8" x 3 3/4" Bolts (34), four 3/8" Washers (45), and two 3/8" Nylon Locknuts (31). **IMPORTANT: Lightly lift the ends of the Hand Rests and then lightly press down on the ends of the Hand Rests to make sure that the Hand Rests are fully seated in the Upright, and then firmly tighten the Nylon Locknuts.**



5. Attach the Accessory Console (7) to the Hand Rests (4) with two #8 x 2 1/4" Screws (49).



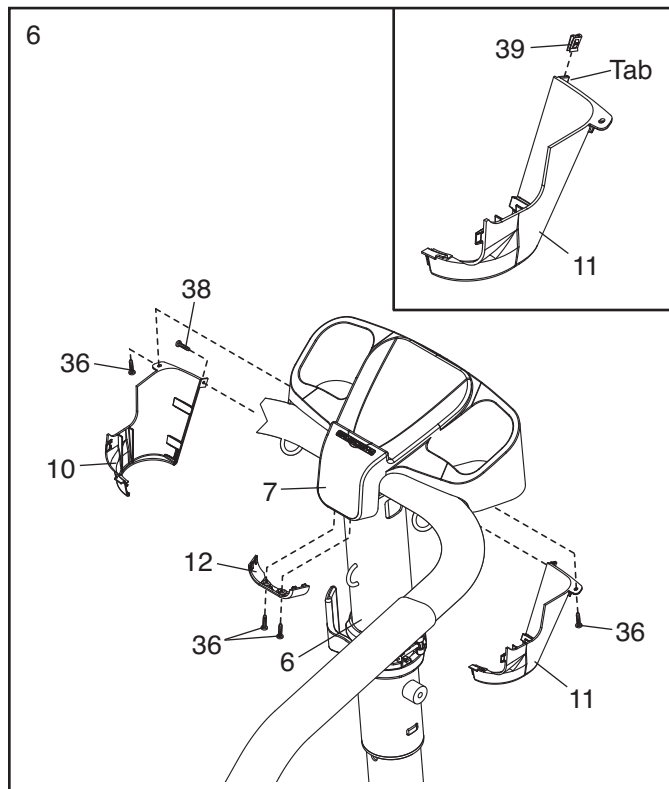
6. **See the inset drawing.** Press a #8 Clip Nut (39) onto the indicated tab on the Right Cover (11).

Hold the Left Cover (10) and the Right Cover (11) around the Upright (6). Press the Covers together until they snap. Then, attach the Left Cover to the Right Cover with a #8 x 1/2" Screw (38).

Next, attach the Left Cover (10) to the Accessory Console (7) with a #8 x 1" Screw (36). **Do not tighten the Screw yet. Attach the Right Cover (11) to the Accessory Console in the same way.**

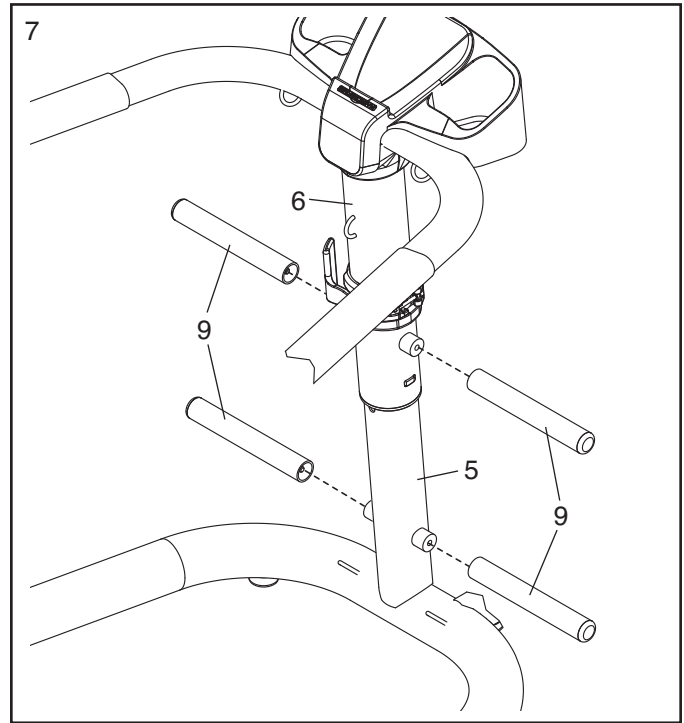
Then, attach the Bottom Cover (12) to the Accessory Console (7) with two #8 x 1" Screws (36).

**Tighten all the #8 x 1" Screws (36).**



7. Tighten two Stretching Pegs (9) onto the Upright Frame (5).

Then, tighten the remaining two Stretching Pegs (9) onto the Upright (6).



8. **Make sure that all parts are properly tightened before you use the BalanceGym.**

# ADJUSTMENT

Make sure that all parts are properly tightened each time you use the BalanceGym. Replace any worn parts immediately. Outer surfaces of the BalanceGym can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the BalanceGym.**

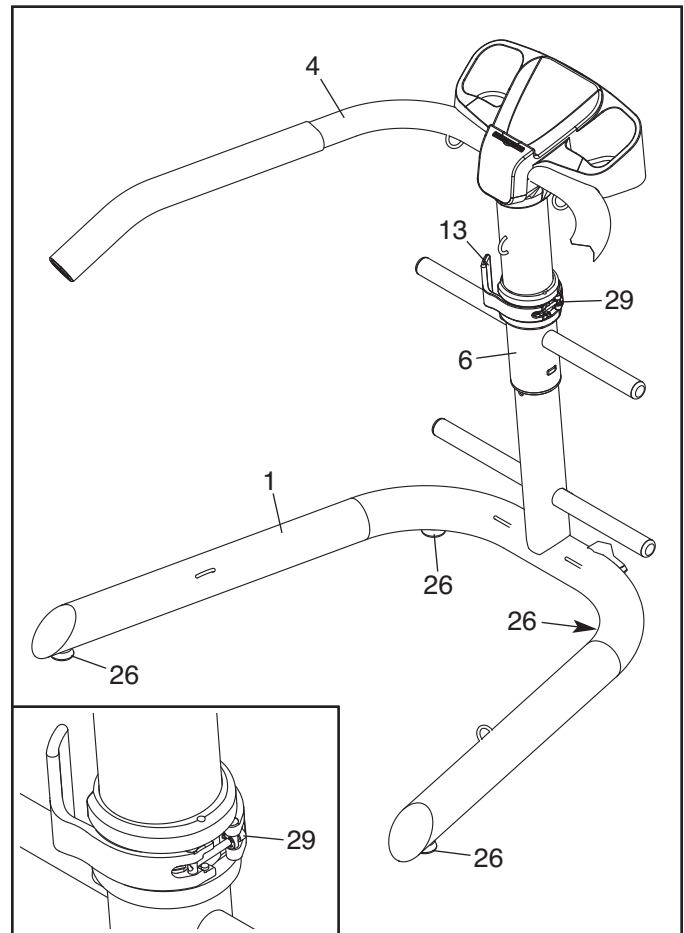
## HOW TO ADJUST THE HEIGHT OF THE HAND RESTS

Before changing the height of the Hand Rests (4), adjust the four Leveling Feet (26) so that the Base (1) is level on your floor.

To adjust the height of the Hand Rests (4), pull the Height Adjustment Lever (13), raise or lower the Upright (6), and then push the Height Adjustment Lever back to the closed position.

Adjust the height of the Hand Rests (4) to waist level for the basic exercise position. Adjust the height of the Hand Rests as needed for specific exercises and when using the balance steps (see HOW TO USE THE BALANCE STEPS below).

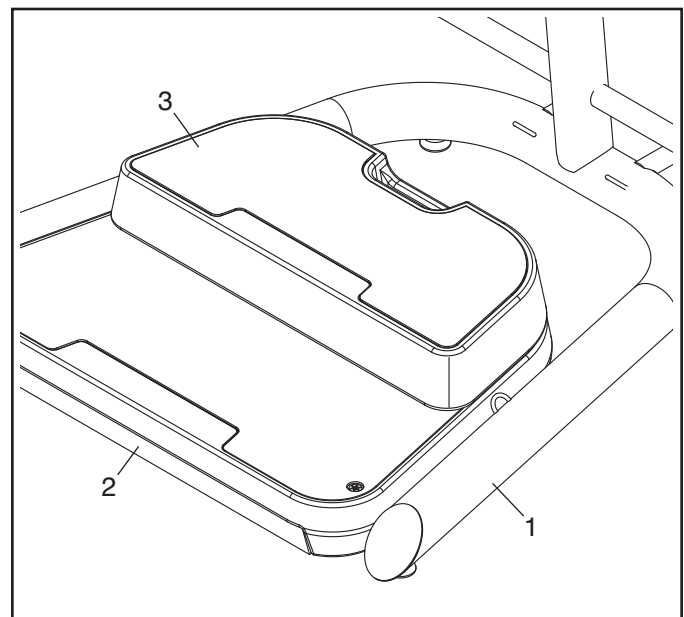
Note: If the Hand Rests (4) slide downward when the Height Adjustment Lever (13) is in the closed position, pull the Height Adjustment Lever, turn the Grooved Screw (29) one half turn, and then push the Height Adjustment Lever back to the closed position. Repeat this procedure until the Hand Rests no longer slide downward when the Height Adjustment Lever is closed. **Do not tighten the Grooved Screw more than necessary.**



## HOW TO USE THE BALANCE STEPS

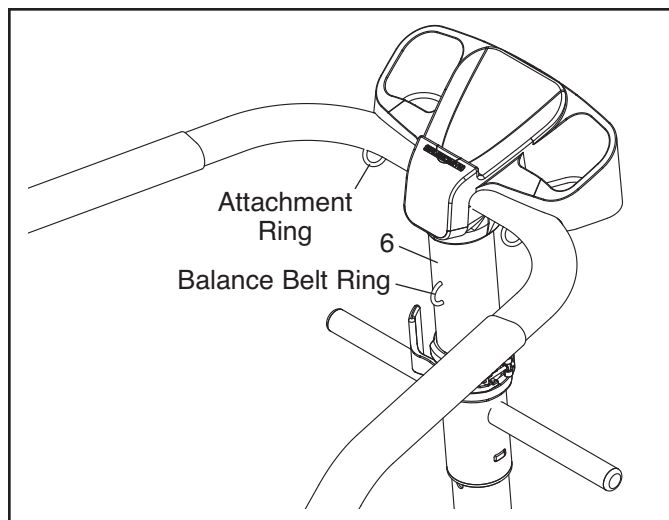
The Large Balance Step (2) has a hard surface and a soft surface. The soft surface is designed for balance enhancement exercise. To use the Large Balance Step, place it inside the Base (1) with the desired surface facing upward.

The Small Balance Step (3) is designed for higher-level balance and aerobic exercise, stair training, and stretching exercises. To use the Small Balance Step, place it on the Large Balance Step (2) as shown. **Make sure that the tabs under the Small Balance Step are engaged in the Large Balance Step for stability. Do not use the Small Balance Step without the Large Balance Step.**



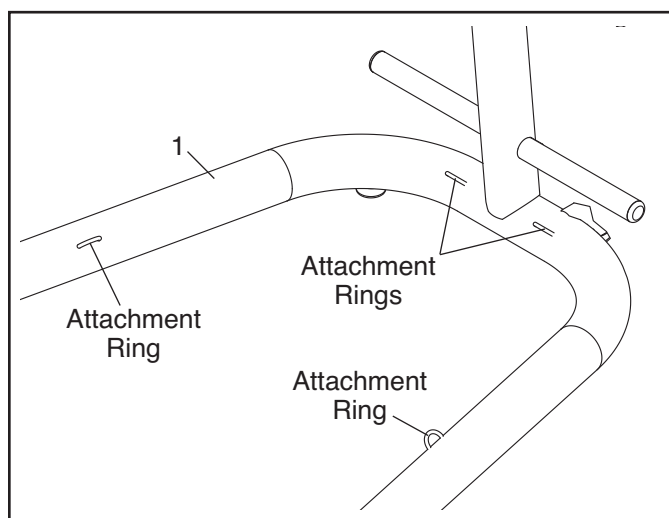
## HOW TO USE THE BALANCE BELTS

To use the small balance belt, the medium balance belt, or the large balance belt, first attach the balance belt band (not shown) to the balance belt ring on the Upright (6). Then, attach the balance belt band to the balance belt.



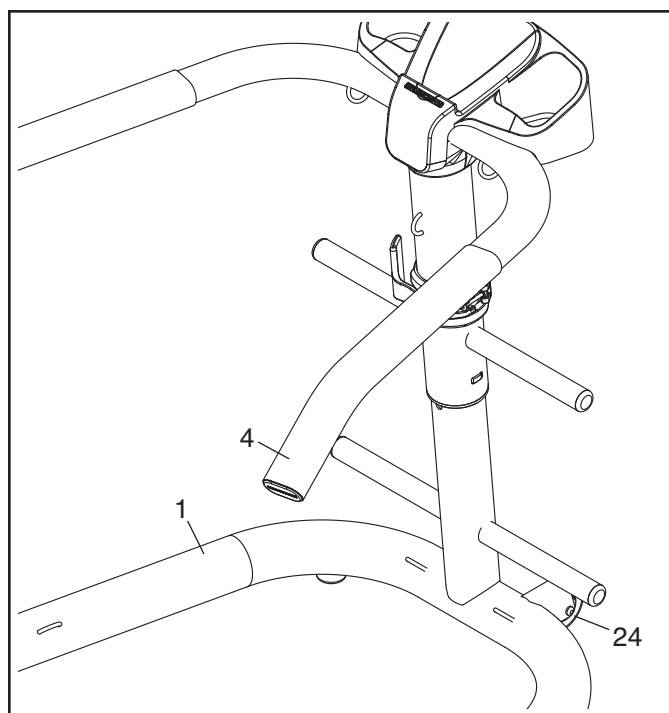
## HOW TO USE RESISTANCE BANDS

To use a resistance band (not shown), attach a resistance band of the desired thickness and length to an attachment ring on the Base (1) or the Hand Rests (see the drawing above). Then, attach a handle (not shown) to the resistance band.



## HOW TO MOVE THE BALANCEGYM

To move the BalanceGym, first move the Large and Small Balance Steps (not shown) away from the Base (1). Next, stand in between the Base and lift the Hand Rests (4) until you can move the BalanceGym on the Wheels (24). Then, carefully move the BalanceGym to the desired location. **Never move the BalanceGym without tipping it. To reduce the risk of injury or damage, do not tip the BalanceGym too far forward, and do not attempt to move the BalanceGym over an uneven surface. Use extreme caution while moving the BalanceGym.**



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# NOTES

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# NOTES

# PART LIST—Model No. BGYM07.0

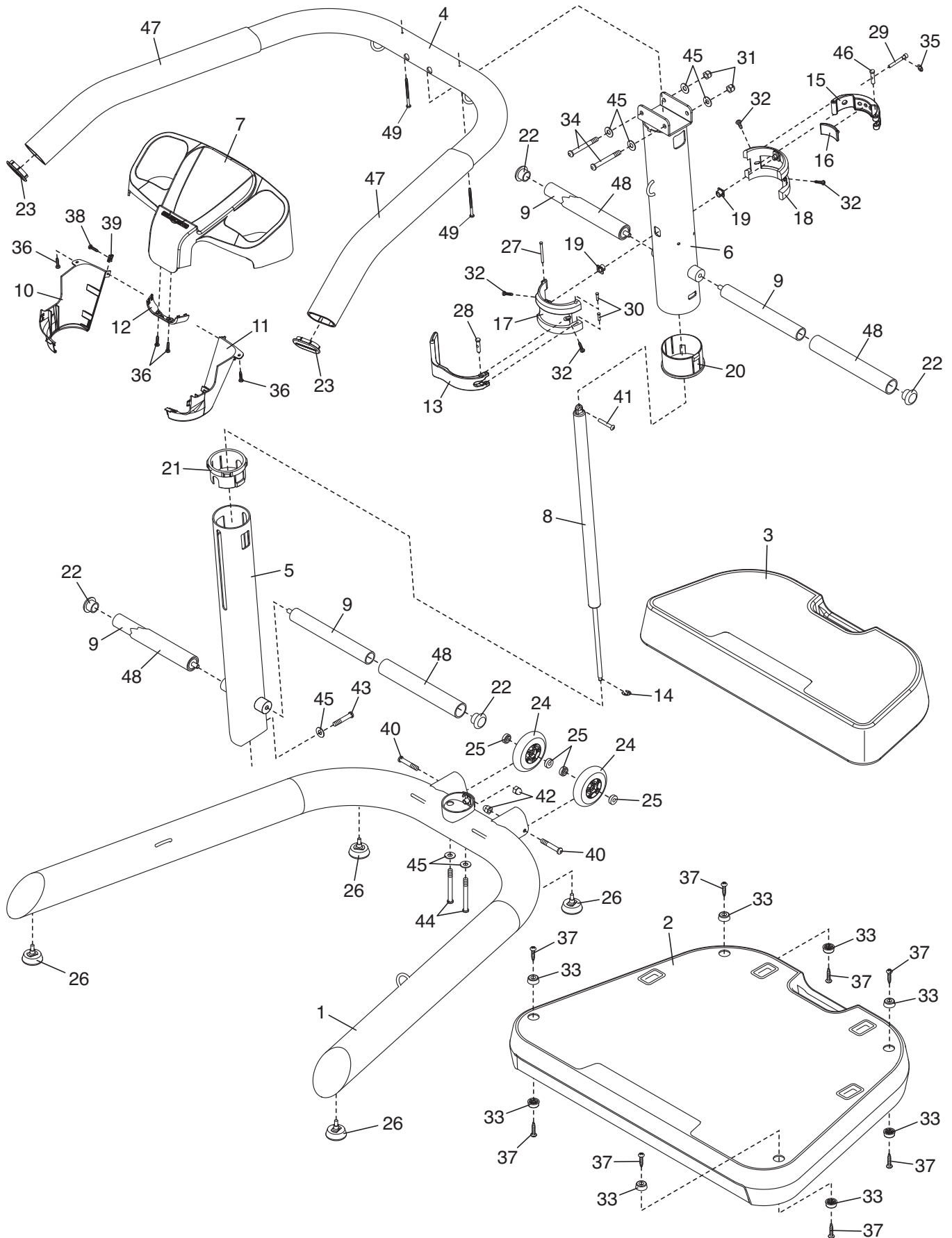
R0109A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	31	2	3/8" Nylon Locknut
2	1	Large Balance Step	32	4	1/4" x 1/4" Screw
3	1	Small Balance Step	33	8	Foot
4	1	Hand Rests	34	2	3/8" x 3 3/4" Bolt
5	1	Upright Frame	35	1	Small E-clip
6	1	Upright	36	4	#8 x 1" Screw
7	1	Accessory Console	37	8	#10 x 1/2" Screw
8	1	Gas Spring	38	1	#8 x 1/2" Screw
9	4	Stretching Peg	39	1	#8 Clip Nut
10	1	Left Cover	40	2	5/16" x 1 3/4" Bolt
11	1	Right Cover	41	1	3/8" x 1" Bolt
12	1	Bottom Cover	42	2	5/16" Acorn Nut
13	1	Height Adjustment Lever	43	1	3/8" x 1" Screw
14	1	Large E-clip	44	2	3/8" x 5" Screw
15	1	Clamp	45	7	3/8" Washer
16	1	Clamp Pad	46	1	Pin w/Hole
17	1	Handle Bracket	47	2	Hand Rest Grip
18	1	Clamp Bracket	48	4	Stretching Peg Grip
19	2	Guide	49	2	#8 x 2 1/4" Screw
20	1	Upright Bushing	*	—	Gray 11" (28 cm) Resistance Band
21	1	Upright Frame Bushing	*	—	Yellow 11" (28 cm) Resistance Band
22	4	Footrest Endcap	*	—	Black 11" (28 cm) Resistance Band
23	2	Arm Endcap	*	—	Gray 13" (33 cm) Resistance Band
24	2	Wheel	*	—	Gray 19" (48 cm) Resistance Band
25	4	Wheel Bushing	*	—	Yellow 19" (48 cm) Resistance Band
26	4	Leveling Foot	*	—	Small Balance Belt
27	1	Long Hinge Pin	*	—	Medium Balance Belt
28	1	Pin w/Threaded Hole	*	—	Large Balance Belt
29	1	Grooved Screw	*	—	Hex Key
30	2	Short Hinge Pin	*	—	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

# EXPLODED DRAWING—Model No. BGYM07.0

R0109A



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## ORDERING REPLACEMENT PARTS

To order replacement parts, please call **1-800-999-3756**, Monday–Friday, 6 a.m.–6 p.m., Saturday, 8 a.m.–4 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

### LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For on-site service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

Covered by one or more of U.S. Patent Numbers 6,712,744; 7,226,396; and D505,107